

# **MULTI-NATIONAL DIVISION – BAGHDAD**

## **Media Release**

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## **Billy Blanks works out with MND-B Soldiers at ‘Spirit and Body Tour’**

Staff Sgt. Kevin Lovel  
363rd MPAD

CAMP LIBERTY, Iraq – Billy Blanks, fitness guru, martial artist, actor and creator of Tae Bo, a fitness program that combines Tae Kwon Do moves and boxing with dance music, made a stop here at the 4th Infantry Division Field House Thursday to work out with Multi-National Division – Baghdad Soldiers and to help them learn to blend mental and physical fitness together to meet their personal goals.

Most Soldiers in attendance said that they enjoyed the one hour and 45-minute visit and exercise session that concluded with a motivational talk.

“It was outstanding because I’ve been a fan (of Blanks) since 1999, and I’ve been working out by using his DVDs since then,” said Master Sgt. Gema Winston, communications security specialist, Division Troop Company, Special Troops Battalion, 4th Infantry Division. “Him being here in person brings it all together.”

“It was great to work out with him in person,” added Staff Sgt. Corinne Peterson, automated logistical specialist, Headquarters and Headquarters Company, STB, 4th Inf. Div. “He inspired me to keep going, and he made sure we did the exercises correctly. It’s a different workout than regular physical training.”

Blanks thanked the Soldiers for their efforts and accomplishments over the course of their deployment before beginning his motivational talk.

“It’s been an honor to be in your presence. I appreciate what you do and all the hardships you go through being away from your families,” said Blanks.

Physical and spiritual fitness is essentially the same for everyone, regardless of their station or situation in life, said Blanks.

“Everybody wants the same results; everyone wants to be happy,” said Blanks, adding that physical fitness is a key component for people “who want to get their lives in order. How can you control something else in your life when you can’t control your own body?”

“A lot of people only work out for their body and not their mind. That’s why they don’t get results.”

He encouraged everyone to keep up their fitness regimen whether they are seeing immediate results or not.

“Once your inside (mind) feels good, keep holding on and eventually your outside (appearance) will look good as well,” he said. “Your five senses are your ‘land mines’ in fitness. After 20 minutes, if your mind gives in to your senses, you’ll give up.”

After the end of the motivational speech, Blanks graciously remained at the Field House for the many Soldiers who brought their cameras to have a photo taken with the fitness expert or get his autograph.



**Blanks leads exercise.**

CAMP LIBERTY, Iraq – Billy Blanks, martial artist, fitness guru, actor and creator of the Tae Bo exercise system, leads Multi-National Division – Baghdad Soldiers in a 45-minute exercise session at the 4th Infantry Division Field House here Thursday.

(U.S. Army photo by Staff Sgt. Kevin Lovel, 363rd MPAD)



**Hartman kicks.**

CAMP LIBERTY, Iraq – Julieann Hartman (center), assistant Tae Bo fitness instructor during the Billy Blanks Spirit and Body Tour, leads Multi-National Division – Baghdad Soldiers in a kicking exercise here Thursday at the 4th Infantry Division Field House.

(U.S. Army photo by Staff Sgt. Kevin Lovel, 363rd MPAD)



**After cooldown.**

CAMP LIBERTY, Iraq – Billy Blanks (right), martial artist, fitness guru, actor and inventor of the Tae Bo exercise system, talks with Multi-National Division – Baghdad Soldiers after a 45-minute exercise session at the 4th Infantry Division Field House here Thursday.

(U.S. Army photo by Staff Sgt. Kevin Lovel, 363rd MPAD)



**Leg lifts.**

CAMP LIBERTY, Iraq – Billy Blanks (left), martial artist, fitness guru, actor and creator of the Tae Bo exercise system, assists Multi-National Division – Baghdad Soldiers with proper form during a leg-lifting exercise included in a 45-minute exercise session here Thursday at the 4th Infantry Division Field House.

(U.S. Army photo by Staff Sgt. Kevin Lovel, 363rd MPAD)



**Crowd listens.**

CAMP LIBERTY, Iraq – Multi-National Division – Baghdad Soldiers listen as Billy Blanks talks about fitness and motivation here Thursday after a 45-minute Tae Bo workout he led at the 4th Infantry Division Field House.

(U.S. Army photo by Staff Sgt. Kevin Lovel, 363rd MPAD)





**MSG Winston.**

CAMP LIBERTY, Iraq – Master Sgt. Gema Winston (center), communications security specialist, Division Troops Company, Special Troops Battalion, 4th Infantry Division, Multi-National Division – Baghdad, helps her exercise teammate execute leg lifts during a Tae Bo fitness session here Thursday at the 4th Infantry Division Field House. The Tae Bo session was led by Billy Blanks, fitness expert and creator of Tae Bo. Winston said she has been training by using Tae Bo CDs and DVDs since 1999.

(U.S. Army photo by Staff Sgt. Kevin Lovel, 363rd MPAD)



**Blanks kicks.**

CAMP LIBERTY, Iraq – Billy Blanks, creator of the Tae Bo fitness system, modeled kicks for Multi-National Division – Baghdad Soldiers as they mimicked his movements here Thursday at the 4th Infantry Division Field House during a stop on Blanks' Spirit and Body Tour.

(U.S. Army photo by Staff Sgt. Kevin Lovel, 363rd MPAD)